

Owner's Manual & Assembly

# 1150 SERIES

1150Ub | 1150Rb | 1150St | 1150Er

1150



***Diamondback***

f i t n e s s

# Purchaser's Reference Information

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

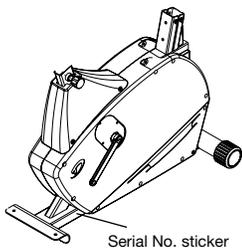
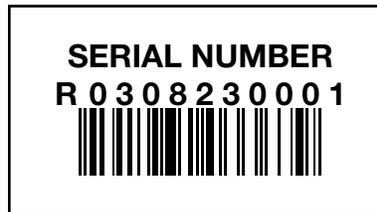
Product Name: *Diamondback 1150Ub Upright Bike*

Serial Number: **R** \_ \_ \_ \_ \_

## To Activate Warranty:

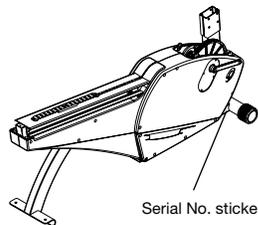
- 1. REGISTER YOUR WARRANTY AT [www.diamondbackfitness.com](http://www.diamondbackfitness.com) OR**
- 2. COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDBACK WITHIN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANUFACTURER'S WARRANTY.**

### Serial Number Location



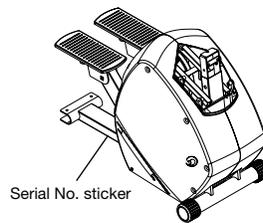
Serial No. sticker

1150Ub Upright



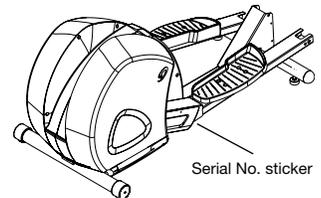
Serial No. sticker

1150Rb Recumbent



Serial No. sticker

1150St Stepper



Serial No. sticker

1150Er Elliptical

Dealer Name: \_\_\_\_\_

Dealer Address: \_\_\_\_\_

Dealer Phone Number: (      ) \_\_\_\_\_

Dealer Contact Name: \_\_\_\_\_

Date Purchased: \_\_\_\_\_

## Shipping Materials

*Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.*

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# *Diamondback*

f i t n e s s 

# 1150

series

# Introduction

Congratulations on the purchase of your new 1150 Series fitness equipment. We want to do everything possible to make your experience with Diamondback the best it can be. So please review the enclosed owner's manual, which will illustrate the reliable quality, excellent value and added features, that Diamondback is known for. You can rely on the ease of use, comfortably, and our desire to make your workout something you will look forward to on a regular basis. Please take a moment to review the complete 1150 product line, as well as the, 700 Series and 300 Series at [www.diamondbackfitness.com](http://www.diamondbackfitness.com).

Your feedback and ideas about your experience with

Diamondback are very important to us. Write to our product development department at:  
300 Ranch Road, Camarillo, CA 93012.

2



1150 Ub



1150 St



1150 Er



1150 Rb

# Safety Instructions & Warnings

The 1150 series is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. **BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR 1150 SERIES UNIT.**

## CAUTION - FOR SAFE OPERATION

1. Keep your hands and feet away from all moving parts.
2. Before beginning any exercise program on the 1150 series equipment, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning any exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continue your exercise
6. Drink fluids if you exercise for twenty or more minutes on any 1150 series unit.

## WARNING - TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. To ensure proper functioning of your 1150 series equipment, do not install attachments or accessories not provided or recommended by Diamondback.
2. Always wear proper clothing and shoes when exercising on any 1150 series unit.
3. User weight is not to exceed 350pounds / 150kgs for 1150Ub/Rb/Er and 300lbs / 135kgs for 1150St.
4. Keep children away from 1150 series equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
5. Place the 1150 series unit in an area that will meet minimum clearance requirements: *Front, Back & Sides: 2 feet / 60cm*
6. Place Keep 1150 series equipment away from walls to allow proper ventilation. Air should be able to circulate freely around the units. Keep all air openings free of dirt and dust. Never insert anything into openings.
7. The 1150 series is intended for indoor use in the home environment. It is not intended for outdoor use.
8. Place your 1150 series unit on a solid, level surface when in use.
9. Use the handlebars or handrails when getting on and off your 1150 series unit.
10. Never operate the unit if it is damaged or broken. Contact your local authorized Diamondback fitness dealer for service.
11. Make sure all components are fastened securely (i.e. seat post, saddle, handlebars, pedals) at all times.
12. SAVE THIS OPERATING INSTRUCTIONS MANUAL



## THE NEXT STEP

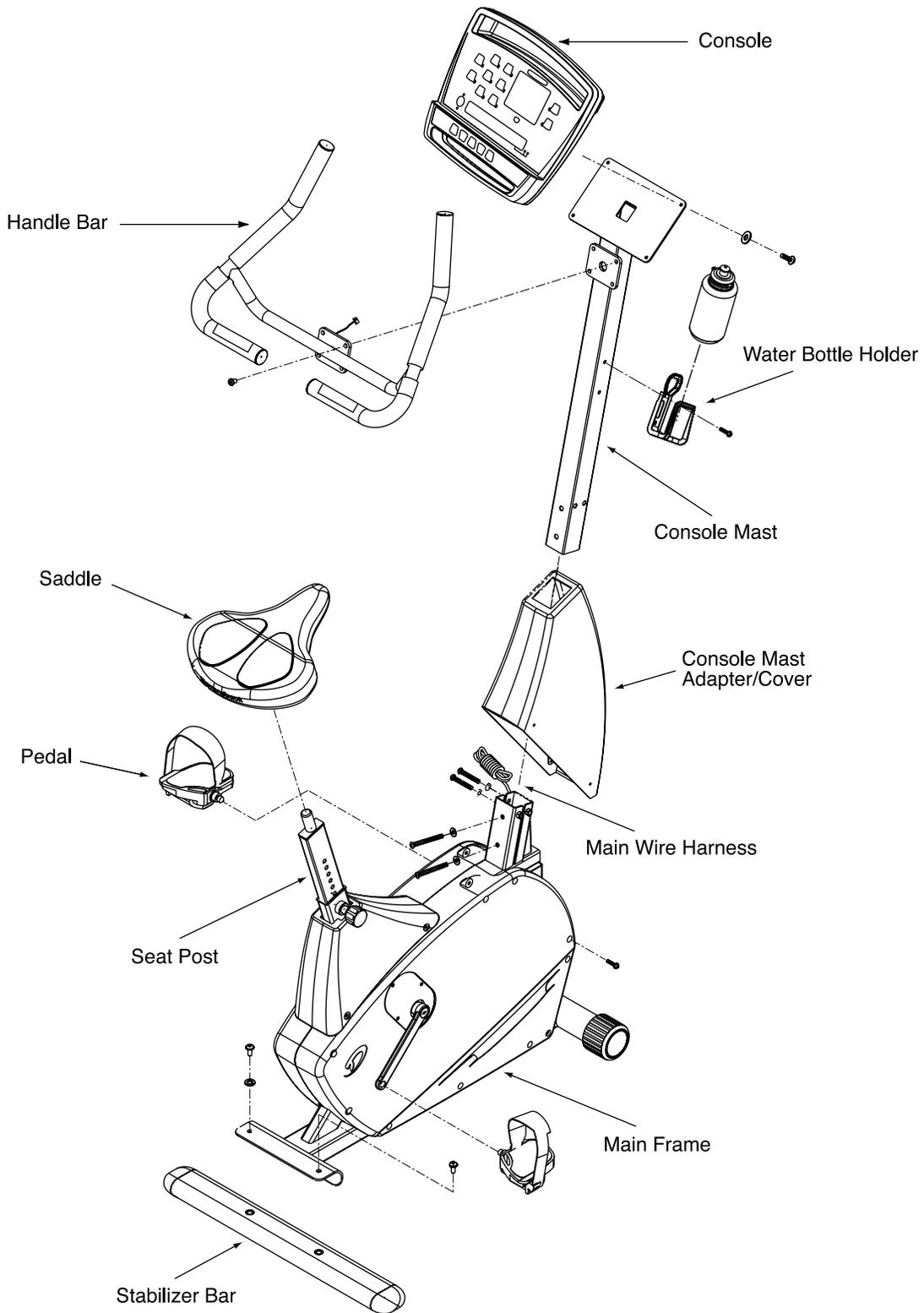
*The fitness experts at Diamondback believe that*

## IN WORKOUT

*working out is not just for athletes but for all people.*

## TECHNOLOGY.

# 1150Ub Assembly Drawing



# 1150Ub Assembly Instructions



## REACH YOUR FITNESS

The fitness experts at Diamondback believe that

## GOALS WITH

working out is not just for athletes but for all people.

## GREATER SPEED.

### Frame Assembly

1. Unscrew two M8x20mm bolts and washers from the rear stabilizer bar.
2. Place rear stabilizer bar under rear mainframe body and align screw holes.
3. Insert and tighten the two screws and washers using an Allen wrench.
4. Install seat post by pulling the adjusting knob and sliding seat post into its receptor.

### Console Mast Assembly

1. Install console mast cover onto console mast, making sure it is facing the right direction.
2. Straighten the loops of the wire harness and insert it into the **side opening** of the console mast tube. See *wiring harness installation tip*. Push the harness up the tube until the connector of the harness appears in the opening at the top of the mast tube.  
**WIRING HARNESS INSTALLATION TIP: Straighten the loops of the wire harness so that it can slide smoothly into the console mast. Move the console mast cover all the way to the top. Then hold the bottom of the console mast next to the console mast receptor and point the top of the console mast downward.**
3. Install the console mast by sliding it into the console mast receptor while pulling the wire harness. Insert and tighten four M8x70mm bolts and washers using an Allen wrench.
4. Place console mast cover in place and align it with screw holes. Insert and tighten four M5x12mm screws using a Phillips screwdriver.

### Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out of the top of the console mounting plate.
2. Place the handlebar onto the mount and insert and tighten four M8 x 12mm screws using an Allen wrench. Be sure not to pinch the hand pulse harness during this procedure, as this will damage the electronic console.

### Console Assembly

1. Connect both plugs, from main wire harness and hand pulse harness, to the plug receptors on the backside of the console, taking care to install correctly (see plug alignment marks).  
**WIRING HARNESS INSTALLATION TIP: Any excess wiring must be carefully inserted ("stored") back into the console mast before installing the console onto the console mounting plate.**
2. Fasten the console to the console mounting plate with the four M5x12mm screws and washers using a Phillips screwdriver.

### Saddle Assembly

1. Assemble saddle onto seat post.
2. Tighten the affixing nut and washer using a 17mm open-end wrench.  
**SADDLE ANGLE ADJUSTMENT HINT: Hold the rear of saddle in the optimum comfort position and tighten the nut at the same time.**

### Pedals

1. Using a 15mm open-end wrench to firmly affix the pedals to the cranks. The pedals should be tightened as much as possible to prevent the pedals from becoming loose. The pedals should also be checked after 8 hours of use to ensure they are affixed properly as they can loosen after use.
2. The left and right pedals are different and are denoted as right or left on the bottom of each pedal. NOTE: Left pedal threads counter-clockwise.

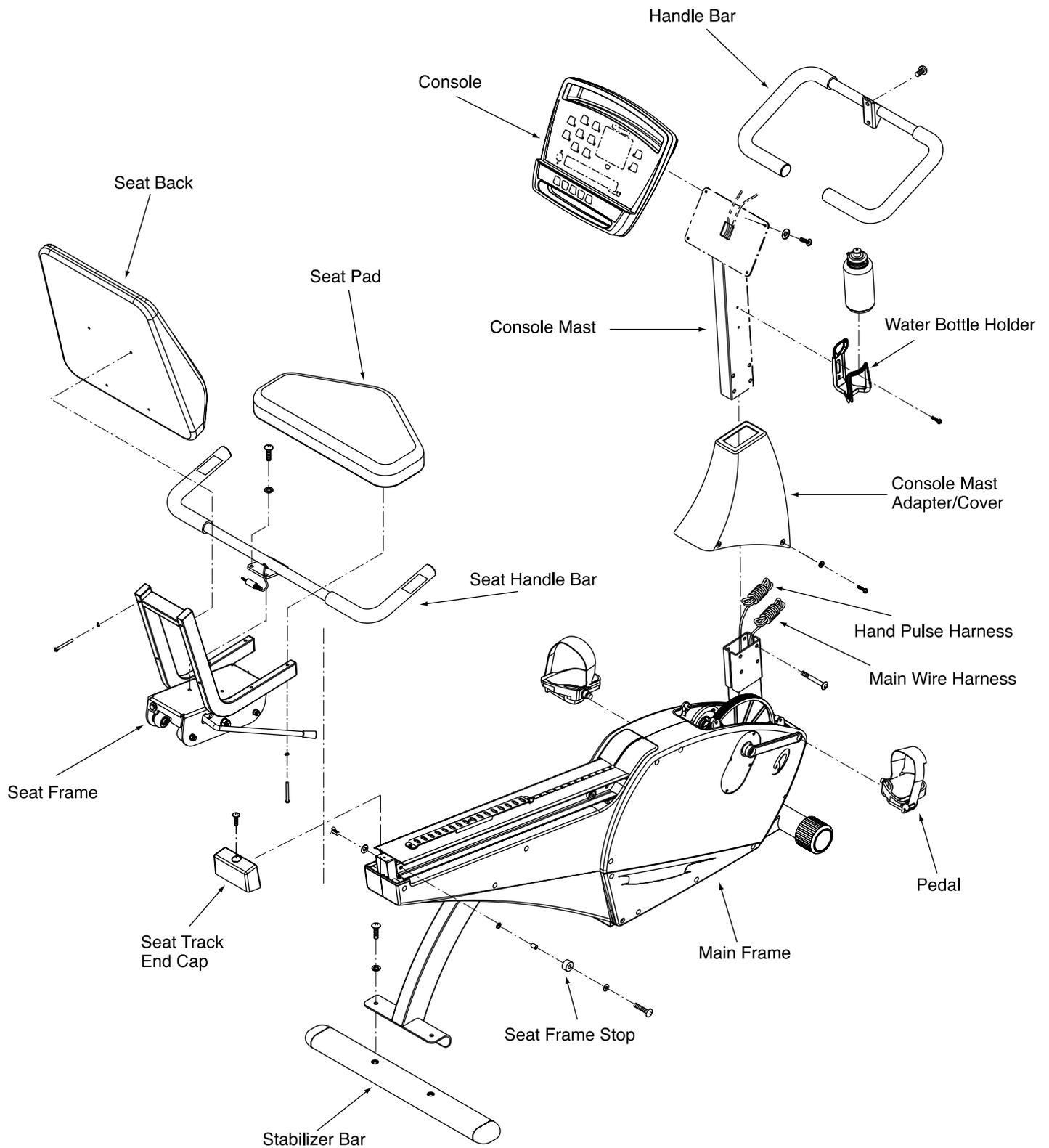
### Water Bottle

1. Place the bottle holder on the console mast. Insert and tighten the two M5x12mm screws using a Phillips screwdriver.
2. Snap the water bottle into the holder.

### Leveling Pad

1. Adjust both leveling pads, located on the bottom of the stabilizer bar, to ensure your equipment is leveled with floor.

# 1150Rb Assembly Drawing



# 1150Rb Assembly Instructions



## YOU'LL BE VERY

The fitness experts at Diamondback believe that  
working out is not just for athletes but for all people.

## COMFORTABLE WITH

## OUR AEROBIC BENEFITS.

### Rear Stabilizer Bar Assembly

1. Unscrew two M8x20mm bolts from the rear stabilizer bar.
2. Place rear stabilizer bar under rear mainframe body and align screw holes.
3. Insert and tighten the two screws and washers using an Allen wrench.

### Seat Frame Assembly

1. Install the seat frame handlebar onto the seat frame. Insert and tighten four M8x15mm screws and washers using an Allen wrench.
2. Install seat pads on the seat frame using M6 x 55mm screws and washers, (four for each pad) and a Phillips screwdriver.
3. Remove the hand pulse harness, which is stored next to the front end of the seat track. Assemble seat frame to seat track. Be careful not to cut the hand pulse harness during installation.

**SEAT FRAME INSTALLATION HINT:** Pull the seat-frame adjusting handle up then slide the seat frame onto seat track. After the sliding, find a position and release the adjusting handle to lock the seat frame in position.

4. Adjust both nuts, located in the middle of seat frame, to ensure the seat frame is stable, not waddling. *Note: always come back and adjust these two nuts after a period of time, this way, it will ensure the seat frame remains stable all the time.*
5. Assemble seat frame Stop by sliding the washers and rubber ring onto M8x40mm bolt and insert and tighten it with an Allen wrench into the Right side of AL seat track. Insert and tighten a M8x20mm screw and a washer into Left side of AL seat track with an Allen wrench to secure the seat frame.
6. Assemble seat track end cap onto seat track. Insert and tighten M5x12mm screw using a Phillips screwdriver to secure the end cap.
7. Bring the hand pulse harness connector through the back of the seat frame and plug it into the plug receptor outside of the seat handlebar. Secure harness by securing it with ty-wrap onto the side of seat frame.

### Console Mast Assembly

1. Install console mast cover onto console mast, making sure it is facing the right direction.
2. Straighten the loops of both wire harnesses and insert them into the **bottom opening** of the console mast tube. See *wiring harness installation tip*. Push the harness up the tube until the connectors of the harnesses appear in the opening at the top of the mast tube.

**WIRING HARNESS INSTALLATION TIP:** Straighten the loops of the wire harness so that it can slide smoothly into the

*console mast. Move the console mast cover all the way to the top. Then hold the bottom of the console mast next to the console mast receptor and point the top of the console mast downward.*

3. Install the console mast by sliding it into the console mast receptor while pulling the wire harness. Insert and tighten four M8x55mm Bolts using an Allen wrench.
4. Place console mast cover in place and align it with screw holes. Insert and tighten four M5x12mm screws and washers using a Phillips screwdriver.

### Console Assembly

1. Connect both plugs, from main wire harness and hand pulse harness, to the plug receptors on the backside of the console, taking care to install correctly (see plug alignment marks).  
**WIRING HARNESS INSTALLATION TIP:** Any excess wiring must be carefully inserted ("stored") back into the console mast before installing the console onto the console mounting plate.
2. Fasten the console to the console mounting plate with the four M5x12mm screws and washers using a Philips screwdriver.

### Handlebar Assembly

1. Place the handlebar onto the mount and insert and tighten two M8x20mm screws using an Allen wrench. Note: The handlebar can be installed upside down. When installed properly, the hand grips align with the bottom of the console.

### Pedals

1. Using a 15mm open-end wrench to firmly affix the pedals to the cranks. The pedals should be tightened as much as possible to prevent the pedals from becoming loose. The pedals should also be checked after 8 hours of use to ensure they are affixed properly as they can loosen after use.
2. The left and right pedals are different and are denoted as right or left on the bottom of each pedal. NOTE: Left pedal threads counter-clockwise.

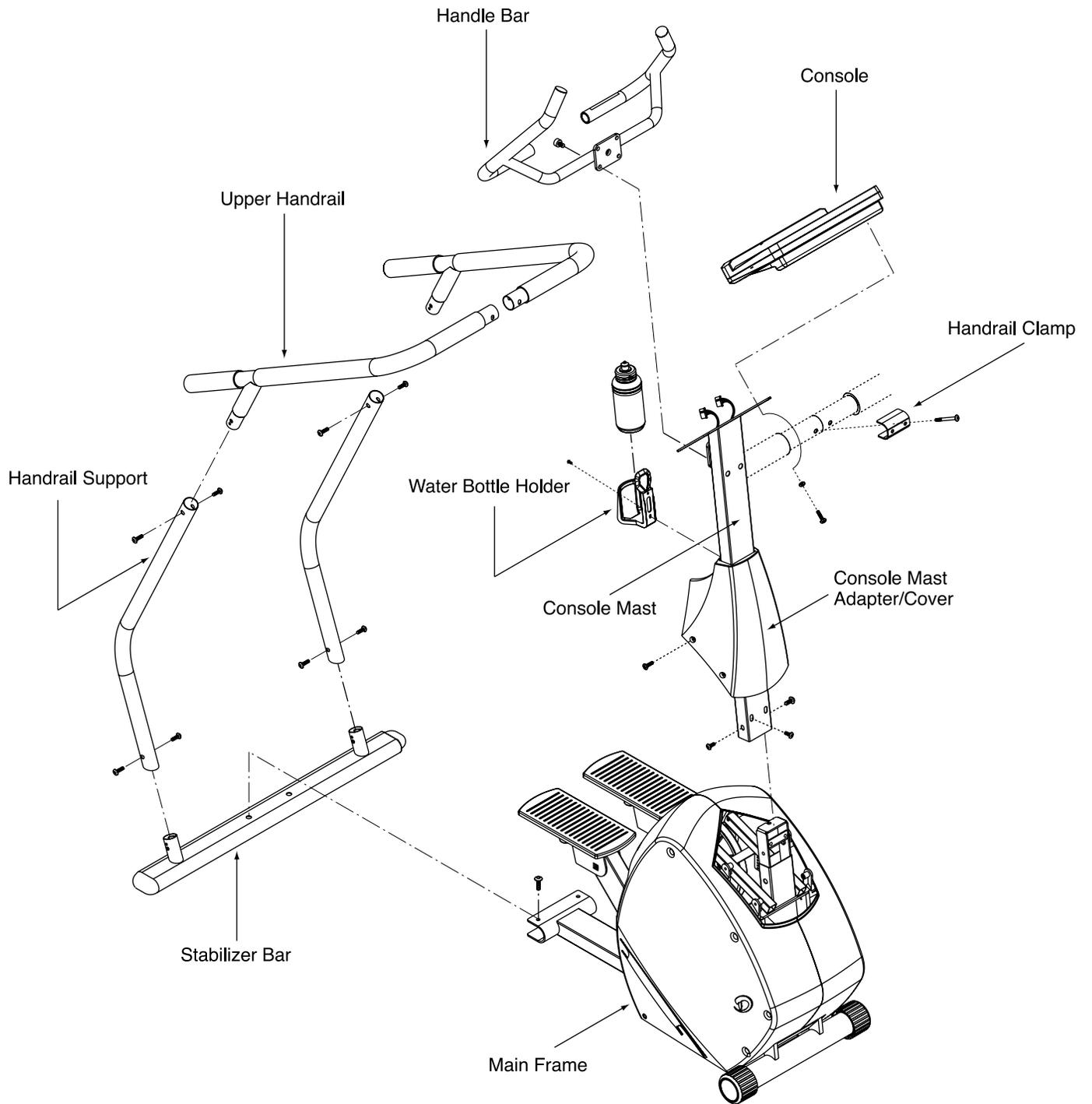
### Water Bottle

1. Place the bottle holder on the console mast. Insert and tighten the two M5x12mm screws using a Phillips screwdriver.
2. Snap the water bottle into the holder.

### Leveling Pad

1. Adjust all three leveling pads, located on the bottom of the stabilizer bar and the main frame, to ensure your equipment is leveled with floor.

# 1150St Assembly Drawing



# 1150St Assembly Instructions



## REACH YOUR FITNESS

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## GOALS WITH

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## GREATER SPEED.

### Frame Assembly

1. Place rear stabilizer bar into the receptor and align the screw holes.
2. Insert and tighten the two M8 x20mm screws, from stabilizer bar hardware bag, with an Allen wrench.

### Console Mast Assembly

1. Slide console mast cover onto console mast, making sure it is facing the right direction.
2. Insert the main wire harness into the bottom opening of the console mast tube. Push the harness up to the tube until the connector of the harness appears in the opening at the top of the tube.  
**WIRING HARNESS INSTALLATION HINT: Straighten the loops of the wire harness so that it can slide smoothly into the console mast. Move the console mast cover all the way to the top. Then hold the bottom of the console mast next to the console mast receptor and point the top of the console mast downward.**
3. Install the console mast by sliding it onto the console mast receptor while pulling the wire harness. This will keep the slack out of the harness so the wires will not be pinched and short out. Insert and tighten the four M8x12mm, from console mast hardware bag, with an Allen wrench.
4. Place console mast cover in place and align it with screw holes. Insert and tighten four M5x16mm screws using a Phillips screwdriver.

### Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out of top of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the four M8x12mm screws, from handlebar hardware bag, using an Allen wrench. Be sure not to pinch the hand pulse harness during this procedure, as this will damage the electronic console.

### Console Assembly

1. Connect both plugs, from main wire harness and hand pulse harness, to the plug receptors on the backside of the console, taking care to install correctly (see plug alignment marks).  
**WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted ("stored") back into the console mast before installing the console onto the console mounting plate.**
2. Fasten the console to the console mounting plate with the four M5x12mm screws and washers using a Phillips screwdriver.

### Handrail Assembly

1. Place the handrail supports into their receptors on the stabilizer bar. Insert and finger tighten eight M8x12mm bolts, from handrail assembly hardware bag, 4 on each side, to secure these supports.
2. Assemble upper handrails into handrail supports. Insert and finger tighten eight M8x12mm bolts, from handrail assembly hardware bag, 4 on each side, to secure these handrails.
3. Place handrail clamp cover onto handrails. Assemble the handrail clamp cover and handrails onto the upper portion of the console mast. Insert and finger tighten two M8x55mm bolts.
4. Tighten all 18 bolts of handrail assembly with an Allen wrench.

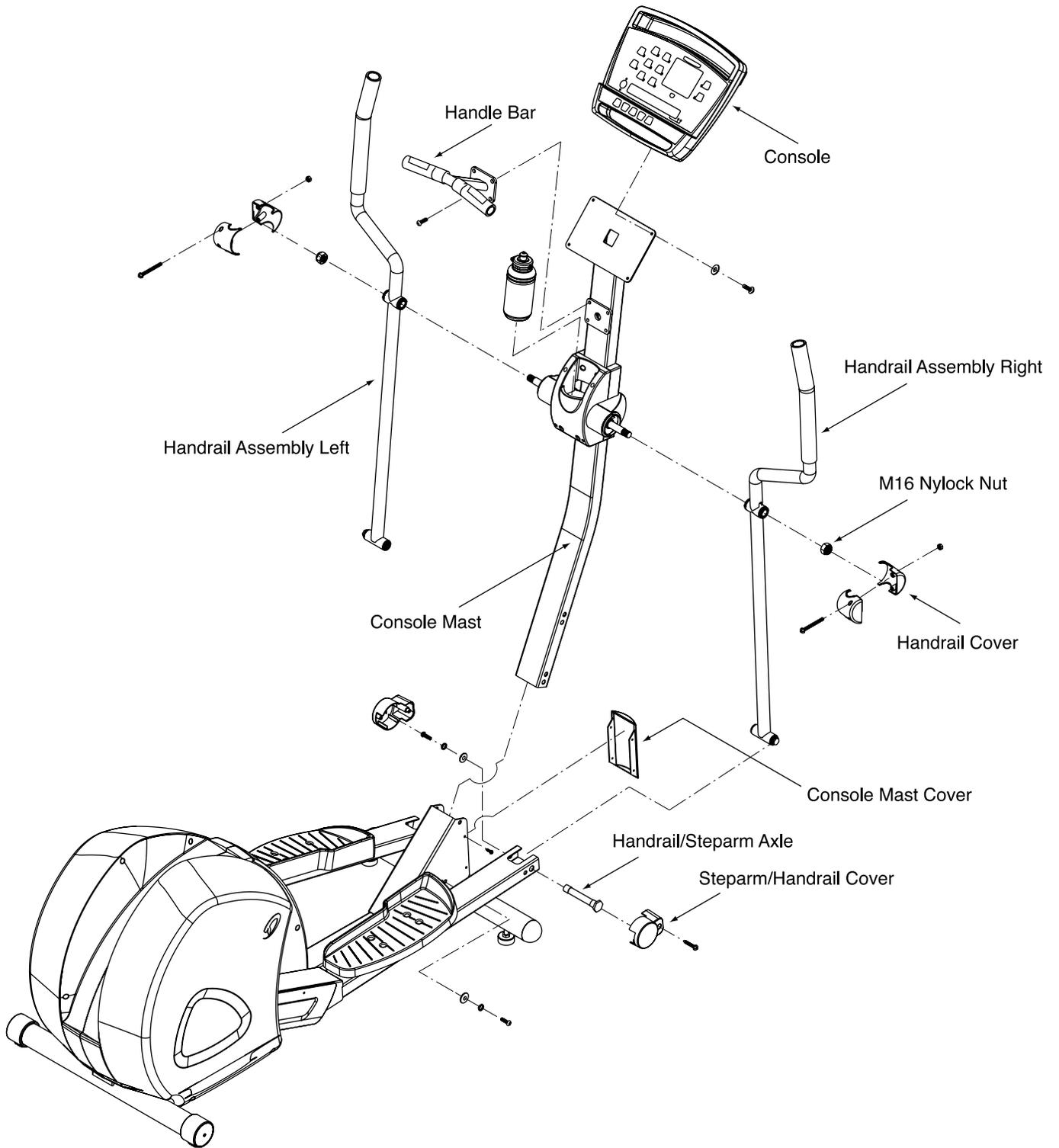
### Waterbottle

1. Place the bottle holder on the console mast. Insert and tighten the two M5x12mm screws using a Phillips screwdriver.
2. Snap the water bottle into the holder.

### Leveling Pad

1. Adjust both leveling pads, located on the bottom of stabilizer bar, to ensure your equipment is leveled with floor.

# 1150Er Assembly Drawing



# 1150Er Assembly Instructions



## REACH YOUR FITNESS

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## GOALS WITH

working out is not just for athletes but for all people.

## GREATER SPEED.

### Console Mast Assembly

1. Lay the console mast down in front of the frame.
2. Connect main wire harness at the bottom of console mast to wire harness at the front of frame.
3. Slide console mast into console mast receptor at front end of frame. Be careful not to pinch the wire harness.
4. First, attach console mast to frame at lower hole-locations on both sides using two M10x20mm screws with their washers and an Allen wrench. NOTE: there are three holes on either side to choose from. The middle hole is for average-sized users and will be suitable for most. The hole closest to the footpads is for taller users, and the hole farthest from the footpads is for shorter users. Do not tighten yet. Tilt the mast into position.
5. Next, attach console mast at lower hole-locations on both sides of console mast receptor. Then tighten all screws in holes of console mast receptor. NOTE: In order to avoid console mast loosen up after a while of use. Please check and tighten these screws as often as possible.
5. Place console mast cover in the front of console mast. Insert and tighten four M5x12mm screws with a Phillips screwdriver.

### Handrail Assembly

1. Attach right handrail to the console mast at the right handrail axle using the set-screw collar. Tighten the set-screw of the right handrail set screw collar by using an Allen wrench.
2. Next, attach the right handrail to the bottom of the right steparm. Insert the handrail/steparm axle through the holes in the steparm and through the tube at the bottom of handrail. Insert a M8x20mmscrew with washer into steparm axle and tighten it using an Allen wrench and an open-end wrench on each side.
3. Assemble left handrail the same way.
4. Attach both steparm/handrail covers using M5x25mm screws each and a Phillips screwdriver.
5. On either side of water bottle cover, attach the handrail covers to each other around the handrails. Then use the two M4x 40mm screws and nuts on each side and tighten them with a Phillips screwdriver.

### Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the four M8x12mm screws using an Allen wrench. Be sure not to pinch the hand pulse harness during this procedure, as this will damage the electronic console.

### Console Assembly

1. Connect both plugs, from main wire harness and hand pulse harness, to the plug receptors on the backside of the console, taking care to install correctly (see plug alignment marks).  
**WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted ("stored") back into the console mast before installing the console onto the console mounting plate.**
2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers using a Phillips screwdriver.

### Transportation Wheel Assembly

1. Insert both Transportation wheel's sleeves into stabilizer bar, making sure the screw hole is lining up with the hole of the stabilizer bar. Tighten both inner bushings with its screw using a Phillips screwdriver.
2. Assemble Transportation wheels onto wheel sleeves until the clips are engaged. See assembly drawings for details.

### Waterbottle

1. Insert the water bottle into the water bottle holder.

### Leveling Pad

1. Adjust all leveling pads, located on the front-bottom of the main frame, to ensure your equipment is leveled with floor.

# 1150 Series Operation & Comfort Tips

## General 1150 Series Tips

**Cadence:** There is a strong relationship between cadence (revolutions <RPM>) and the efficiency of your workouts. Research indicates that you will be more comfortable and get a lot more work done if you maintain a cadence of at least 60 RPM or SPM. The 1150 series console will give you a continuous readout of your cadence.

### 1150Ub/Rb

Proper adjustment of seat position and knowledge of pedaling cadence will allow effective use of your leg muscles without producing undue muscular fatigue. Applying these proper techniques will allow you to ride comfortably and efficiently. These biomechanically designed stationary cycles are fully adjustable to optimize comfort.

1. **Leg Extension:** The seat should be positioned such that the leg is almost fully extended when the ball of the foot is on the pedal and the pedal is in the position furthest from the body. This will allow for greater use of more leg muscles, thereby maximizing cardiovascular benefit while minimizing fatigue.
2. **Foot Position:** The ball of the foot should be on the pedal, directly over the pedal axle. This position allows you to maximize the action of your calf muscles. Avoid pedaling with the arch of your foot on the pedal. If toe clips and straps are attached to the pedals, use them to stabilize your foot on the pedals but do not use them if they place your foot in an unnatural position.
3. **1150Ub Saddle Adjustment:** The 1150Ub uses a spring-loaded pin that engages holes on the seat post. To adjust the height of the saddle, unscrew the knob counter-clockwise one turn and pull the knob out. Line up the desired hole, letting the pin drop in, then re-tighten the knob.
4. **1150Rb Seat Adjustment:** The 1150Rb uses a latch type seat adjustment. To unlatch the seat, pull up on the knob on the right side of the seat. Slide the seat to the desired position and release the knob to lock it in place.

### 1150 Er

The 1150Er has the longest stride length (21 inches) in its class. This ensures full leg muscle involvement and a very smooth motion. The 1150Er also incorporates forward and reverse motion to work all major leg muscle groups. These features along with the upper body component of the 1150Er give you a total body workout. Experiment with moving the console-mast to different positions to find the most comfortable for you. (See page 11 - Console Mast Assembly).



# Workout Guidelines

## Good health is an exercise in common sense.

Surgeon General releases a new study in 2001, The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. It indicates that 61% of American adults are either overweight or obese. Noting also that overweight increases the risk of health problems, such as heart disease, certain type of cancer, type 2 diabetes, etc. It states that overweight needs to be regarded primarily as Health rather than as Appearance issues.

Surgeon General's Healthy weight advice for consumers is:

1. Aim for a healthy weight: Find your Body Mass Index (BMI) on the chart below.
2. Be active: Keep physically active to balance the calories you consume.
3. Eat well: Select sensible portion sizes.

$$BMI = (\text{weight (pounds)} / \text{height (inches)}^2) \times 703$$

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
	6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight
  Overweight
  Obese

*Note: This chart is for adults (aged 20 years and older.)*

## Heart rate is an important key to your exercise.

The Surgeon General also released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Taking full advantage of this information, the 1150 Series is designed to include heart rate monitoring features.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover. The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get

# Workout Guidelines (continued)

an accurate number. The 1150 Series is equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are wearing a heart rate chest belt during your exercising period. Heart rate is monitored and electronically displayed as a digital readout. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate which is between 60% and 85% of your maximum heart rate.

## Maximum Heart Rate & Training Zone

To calculate your maximum heart rate and find your training zone, use the following formula. An example has been provided below based on a 35-year-old person:

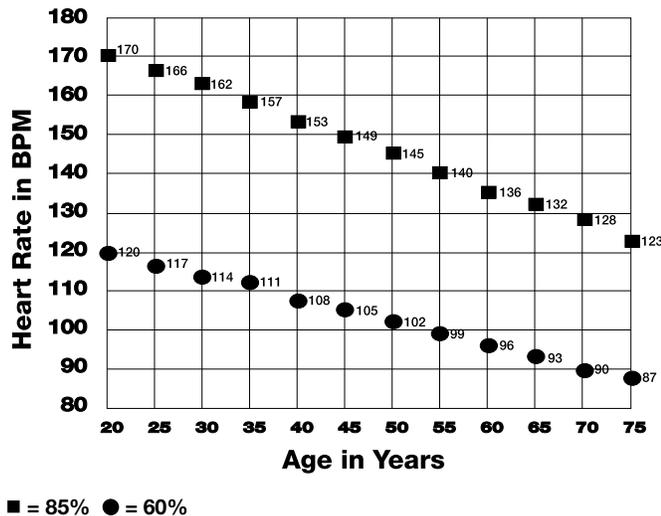
$$220 - \text{Age} = \text{Maximum Heart Rate} \\ (220 - 35 = 185)$$

$$60\% \text{ of Maximum Heart Rate} \\ (60\% \times 185 = 111 \text{ bpm})$$

$$85\% \text{ of Maximum Heart Rate} \\ (85\% \times 185 = 157 \text{ bpm})$$

Training Zone: 111 bpm – 157 bpm

**Heart Rate Guidelines**  
60% - 85% of Maximum Target



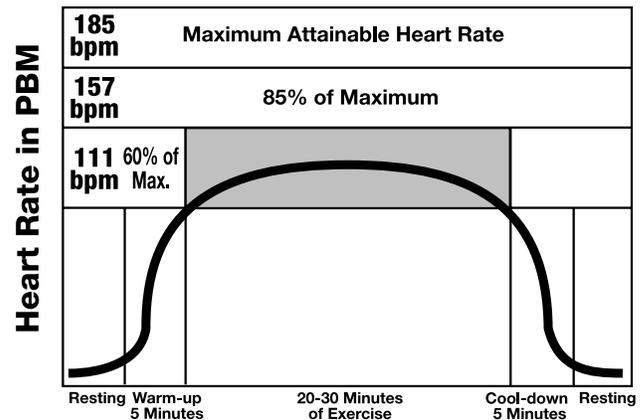
## Quantity & Quality

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life. Having Diamondback equipment at home certainly gives you the comfortable and convenient workout you want.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardiorespiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

**Typical Target Zone Exercise Pattern for 35 Year Old**



## Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

**Remember, start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.**

# Heart Rate Monitoring

## Pulse Hand Grips (Standard)

The 1150 Series units are heart rate controlled and come standard with stainless steel pulse hand grips. To activate, gently grasp both hand grips to obtain a heart rate reading.

*Note: It is recommended to wear a chest strap for Heart Rate control program as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.*

### Operating Tips:

If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

## Chest Strap (Standard)

The 1150 Series equipped a built-in receiver and a chest strap for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

*Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment.*

The receiver of the wireless ECG system is built into the console unit of the Diamondback 1150 Series equipment. While using heart rate control modes, the computer monitors the exact measurement of and control over the activity of the heart. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts wattage (load) to maintain heart rate at the preprogrammed level.

## How to Wear Your Sensor/ Transmitter

1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Pull unit away from chest by stretching the belt and moistening the conductive electrode strips located next to the buckles.

*Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.*

*Important: It is not safe to exceed 95% of your maximum heart rate while exercising. Due to this safety reason the console will shut down and reset if the heart rate exceeds 95% of your maximum heart rate.*

## Erratic Heart Rate Readings:

Erratic readings on the receiver can be caused by electromagnetic disturbances. If the heart rate readings appear to be abnormal, check that your 1150 Series product is not within range of other strong electromagnetic signals. Common sources are televisions, computers, cars, cell phones, TV antennas and high voltage power lines (both above and below ground). Please note: Static electricity in clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the t-shirt in the area where the transmitter is.

If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above in this document.

## Battery Replacement:

To replace the transmitter battery, remove the four small screws security the cover plate in the back of the transmitter. Remove the cover plate, and the thin plastic shield covering the battery. Pry out the battery and replace with a new CR 2032 Battery (available at photo or watch departments). Make sure the battery snaps into place and the numbers are facing up. Replace the plastic shield and cover plate with four screws.

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# Console

## Glossary of Terms

LED = The lights on the face of the console.

MET = A measure of energy expenditure. The MET program allows the bike to be electronically controlled to deliver a specific work rate independent of pedal rate.

Watts = The amount of energy currently being expended.

Work = The amount of energy expended during exercise.

## Default values

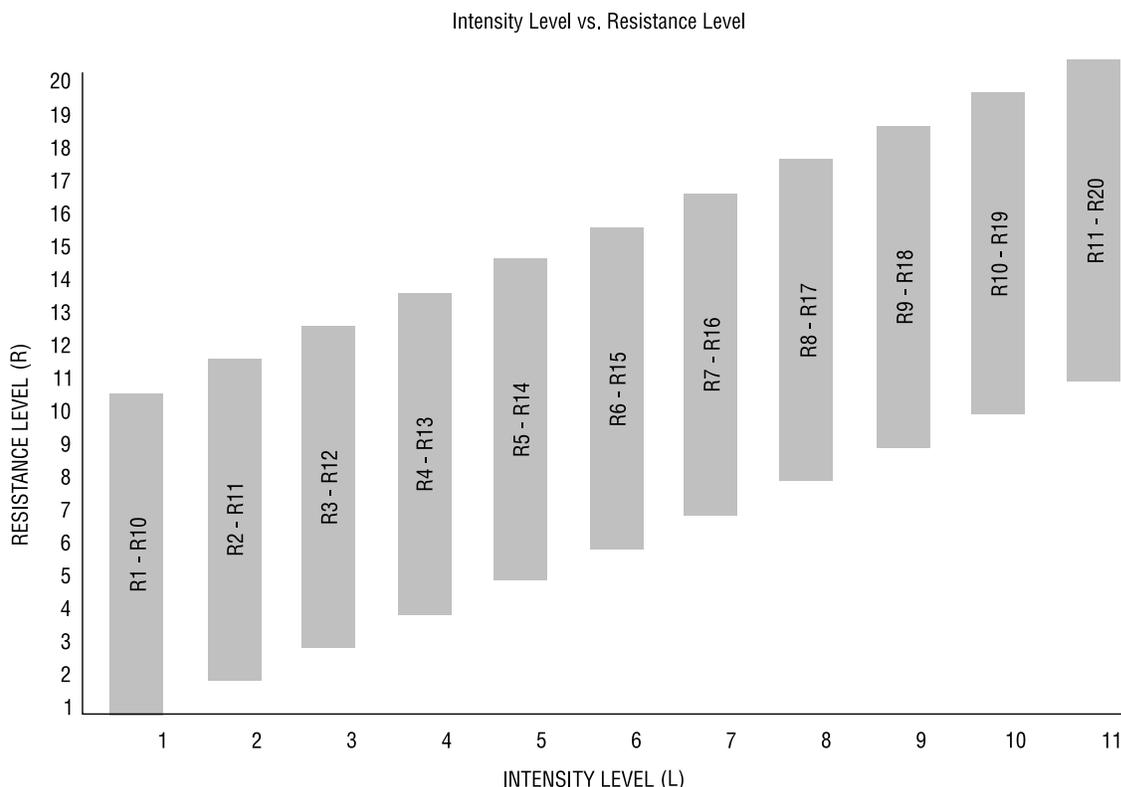
- Age = 35 years
- Weight = 155 lbs or 70kg for Metric system
- Time = 30 minutes
- Intensity level: Level 1 for 1150Ub/Rb/Er and Level 2 for 1150St

*Note: If age or weight is changed, the default value of these two items will be updated to the last modification.*

# Console (continued)

## Intensity level definitions

- **1150Ub/Rb/Er: Resistance control** – The intensity level (L) is controlled by the brake resistance wattage output (R). There are totally 20 levels of resistance.
  - o For Quick Start and Manual program, the Intensity level = Resistance level, L1= R1 and L20 = R20
  - o For all other programs, the Intensity level ≠ Resistance level, see below charts for details.



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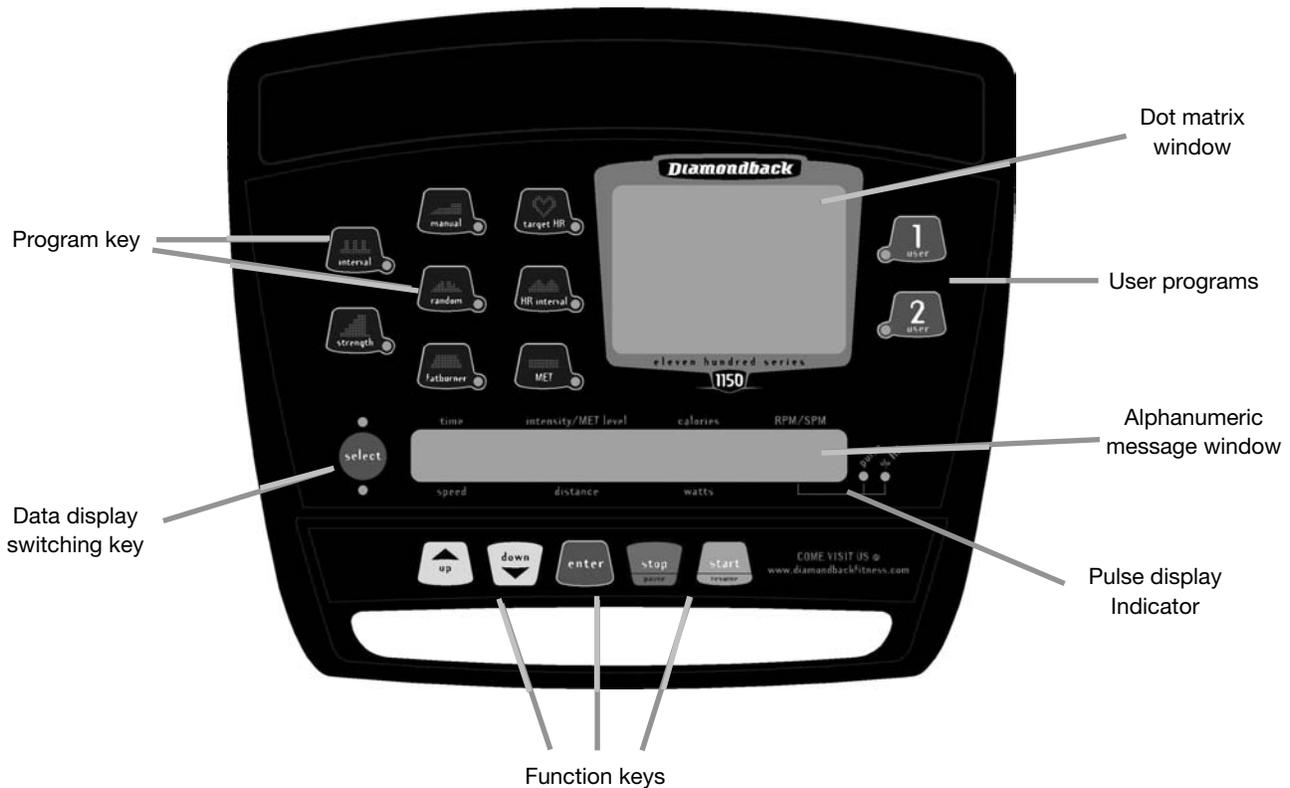
- **1150St: Speed control** – The intensity level (L) is defined by user's stepping rate (SPM).
  - o L1 = 25spm, ...L10 = 70spm with 5spm increments
  - o L11 = 76spm, ...L20 = 130spm with 6spm increments

<b>L1</b>	<b>L2</b>	<b>L3</b>	<b>L4</b>	<b>L5</b>	<b>L6</b>	<b>L7</b>	<b>L8</b>	<b>L9</b>	<b>L10</b>
25spm	30spm	35spm	40spm	45spm	50spm	55spm	60spm	65spm	70spm
<b>L11</b>	<b>L12</b>	<b>L13</b>	<b>L14</b>	<b>L15</b>	<b>L16</b>	<b>L17</b>	<b>L18</b>	<b>L19</b>	<b>L20</b>
76spm	82spm	88spm	94spm	100spm	106spm	112spm	118spm	124spm	130spm

## Operating Tips

- **Stop:** To stop or reset a program during its operation, press STOP/pause key twice. The first key press will pause the program for up to 3 minutes and the second key press will stop the program and reset. When the program resets, the console return to program select mode.
- **Pause and Resume:** You may interrupt or pause a program for up to 3 minutes during a workout. To pause a program, press STOP/pause key once. To resume the program back to the point of where you left off, simply press START/resume key.
- **Save a program:** To save a program during anytime of a program into USER 1 program, press and hold USER 1 key for 2 seconds. To save a program into USER 2 program, press and hold USER 2 key for 2 seconds. By doing so, all the program setting will be saved for the next workout.
- **Switching program:** The user may switch from current operating program to another program by pressing a new program key and then ENTER key to accept the new program.
- **Brake / Load Adjustment:** During a program, the user may press UP or DOWN key to adjust the resistance level. (Note: brake/load adjustments are not allowed in any Heart rate control program and MET program)
- **English / Metric setting:** There is an English & Metric setting switch located on the back of the console.

# Console Layout



## Program key:

To enter a program, simply press any program key once and an associated LED will light up to indicate this program has been pressed. There are 8 programs: Interval, Strength, Manual, Random, Fat burner, Target HR, HR Interval and MET programs and 2 user programs on each console.

*Please note: MET program is replaced by HR Training program in 1150St.*

## Dot Matrix window:

Each program profile will be displayed on the dot matrix window.

## Alphanumeric Message window:

There will be program setting instruction messages scrolling on this window during the program setting. Once the program starts, it then will display the workout data.

To switch the data display from "Time, Intensity level, Calories and RPM/SPM" to "Speed, Distance, Watts and Pulse & % HR" display, simply press SELECT key on the left side of the window.

## NOTE:

- For MET program, the intensity level display will be MET level instead.
- For 1150St, the display of "Speed, Distance, Watts and Pulse & %HR" will be "Floors/min, Floors, Watts and Pulse & %HR".
- Pulse and %HR display will each be displayed for 10 seconds back and forth. And an associated LED will light up to indicate the display.
  - You may press "ENTER" KEY to pick a display for the entire program or "ENTER" key again to switch to the other one.
  - When the program is ended or reset, the display will back to switch between these two displays every 10 seconds.

## Function Key:

There are UP, DOWN, ENTER, STOP and START keys.

# Workout Programs

## QUICK START PROGRAM

### Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. When using the Quick Start program, you are accepting the 1150 Series default values for calculations. Be sure to include a warm-up and cool-down period as part of your workout.

### Beginning the Program

Continue to pedal. The message window will scroll a message “SELECT A PROGRAM”. To begin this program, press “**START**” key once or continue pedaling for 30 seconds.

### During the Program

#### Display

- Once the program is started, the message window will display the workout data of “Time, Intensity Level, Calories and RPM”. (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press “**SELECT**” key to switch the display to “Speed, Distance, Watt, Pulse and % Heart Rate”. (“Floor per minute, Floors, Watt, Pulse and % Heart Rate” for 1150St)
- If no pulse is detected, the Pulse display will show “**P**” until there is a pulse.

#### Adjusting Intensity Level

- User may press “**UP/DOWN**” key to adjust the intensity level from L1 to L20 during anytime of the program.
- Each time, the “**UP/DOWN**” key is pressed; it will adjust the intensity level of the remaining of the program.

#### Pause, Stop or Save

See Console operation tips section for details, page 15.

#### Enter another program during Quick Start program

- User may enter another program during Quick Start program by pressing another program key. If another program key is pressed during this time, the message display will scroll “PRESS ENTER TO ADJUST OR START TO BEGIN”. (Same as its program setting mode)
  - User could press “**ENTER**” to enter this program setting mode or Press “**START**” key to start this program right away.
  - If neither “**ENTER**” nor “**START**” key is pressed in 15 seconds, it will resume back to Quick Start program and continue workout.
  - If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

### Ending the Program

#### Program end

- When the 30 minutes is up, there will be a beep to signifying the end of this program.
- The message window will scroll a messages “PROGRAM ENDED. TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE:” Then the total workout data of “Time, Distance and Calories” will be displayed for 5 seconds.

- After 5 seconds, it will scroll a message “SAVE YOUR PORGRAM OR PRESS START TO RE-START.” User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message “PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:” This sequence will be repeated for 30 seconds, and the console will be reset.

#### Stop this program

To stop this program, simply press “**STOP**” key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

#### Re-start this program

To Re-start this program, press “**START**” key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

#### Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display “PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:” until another key is pressed or 30 seconds is up.

#### Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

## MANUAL PROGRAM

### Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

### Beginning the Program

Continue to pedal. The message window will scroll a message “SELECT A PROGRAM”. Press **MANUAL** program key to enter this program.

#### Accepting Default values or Entering the program setting mode

When the MANUAL key is pressed, the message window will scroll a message “PRESS ENTER TO ADJUST OR START TO BEGIN”.

- Press “**START/Resume**” key to accept current default values and begin Manual program workout.
- Or press “**ENTER**” key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

#### Entering Age

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST AGE AND ENTER TO ACCEPT”. Then the “AGE = XX” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the age.
3. After age adjustment, then press “**ENTER**” key to accept.

### Entering Weight

1. If **ENTER** Key is pressed, the message window will scroll, "ADJUST WEIGHT AND ENTER TO ACCEPT". Then the "WEIGHT = XXX LB" will be blinking.
2. User may press "**UP/DOWN**" key to adjust the weight.

### Entering Program Time

1. If **ENTER** key is pressed, the message window will scroll, "ADJUST TIME AND START TO BEGIN". Then the "TIME = 30 MIN" will be blinking.
2. User may adjust the program time by pressing "**UP/DOWN**" key.
3. After time adjustment, the program setting is now completed. Press "**START**" key to start Manual program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations.*

## During the Program

### Display

- Once the program is started, the message window will display the workout data of "Time, Intensity Level, Calories and RPM/SPM". (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press "**SELECT**" key to switch the display to "Speed, Distance, Watt, Pulse and % Heart Rate". ("Floor per minute, Floors, Watt, Pulse and % Heart Rate" for 1150St )
- If no pulse is detected, the Pulse display will show "**P**" until there is a pulse.

### Adjusting Intensity Level

- User may press "**UP/DOWN**" key to adjust the intensity level from L1 to L20 during anytime of the program.
- Each time, the "**UP/DOWN**" key is pressed; it will adjust the intensity level of the remaining of the program.

### Pause, Stop or Save

See Console operation tips section for details, page 15.

### Enter another program during Manual program

- User may enter another program during **Manual** program by pressing another program key. If another program key is pressed during this time, the message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN". (Same as its program setting mode)
  - o User could press "**ENTER**" key to enter this program setting mode or Press **START** key to start this program right away.
  - o If neither "**ENTER**" nor "**START**" key is pressed in 15 seconds, it will resume back to Manual program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the work out data will be carried over to the next program.

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signify the end of this program.

- The message window will scroll a messages "PROGRAM ENDED. TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE:" Then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START." User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message "PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds, and the console will be reset.

### Stop this program

To stop this program, simply press "**STOP**" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

### Re-start this program

To Re-start this program, press "**START**" key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

### Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display "PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

### Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

## RANDOM PROGRAM

The Random program is designed to allow the user to choose from an unlimited number of computer generated profiles.

## Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

## Beginning the Program

Continue to pedal. The message window will scroll a message "SELECT A PROGRAM". Press **RANDOM** program key to enter this program. Each time, Random program key is pressed; the computer will generate a different program and display the profile on the dot matrix window.

### Accepting Default values or Entering the program setting mode

When the **RANDOM** key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN". User may press Random program key numerous times until the desired profile showing on the dot matrix window.

# Workout Programs

- Press “**START/Resume**” key to accept current default values and begin Random program workout.
- Or press “**ENTER**” key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

## Entering Age

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST AGE AND ENTER TO ACCEPT”. Then the “AGE = XX” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the age.
3. After age adjustment, then press “**ENTER**” key to accept.

## Entering Weight

1. If **ENTER** Key is pressed, the message window will scroll, “ADJUST WEIGHT AND ENTER TO ACCEPT.” Then the “WEIGHT = XXX LB” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the weight.
3. After the weight adjustment, then press “**ENTER**” key to accept.

## Entering Program Time

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST TIME AND ENTER TO ACCEPT”. Then the “TIME = 30 MIN” will be blinking.
2. User may adjust the program time by pressing “**UP/DOWN**” key.
3. After the time adjustment, then press “**ENTER**” key to accept.

## Entering Program Intensity Level

1. If **ENTER** key is pressed, the message window will scroll, “SELECT INTENSITY LEVEL AND START TO BEGIN”. Then the “INT LEVEL = 01” will be blinking.
2. User may adjust the program intensity level from L1 to L11 by pressing “**UP/DOWN**” key.
3. After intensity level adjustment, the program setting is now completed. Press “**START**” key to start Random program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations and default intensity level for workout.*

## During the Program

### Display

- Once the program is started, the message window will display the workout data of “Time, Intensity Level, Calories and RPM/SPM”. (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press “**SELECT**” key to switch the display to “Speed, Distance, Watt, Pulse and % Heart Rate”. (“Floor per minute, Floors, Watt, Pulse and % Heart Rate” for 1150St)
- If no pulse is detected, the Pulse display will show “**P**” until there is a pulse.

### Adjusting Intensity Level

- User may press “**UP/DOWN**” key to adjust the intensity level during anytime of the program.
- Each time, the “**UP/DOWN**” key is pressed; it will adjust the intensity level of that individual stage.

## Pause, Stop or Save

See Console operation tips section for details, page 15.

## Enter another program during Random program

- User may enter another program during **Random** program by pressing another program key. If another program key has been pressed during this time, the message display will scroll “PRESS ENTER TO ADJUST OR START TO BEGIN”. (Same as its program setting mode)
  - o User could press “**ENTER**” to enter this program setting mode or Press **START** key to start this program right away.
  - o If neither “**ENTER**” nor “**START**” key is pressed in 15 seconds, it will then resume back to Random program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signify the end of this program.
- The message window will scroll a message “PROGRAM ENDED. TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE: ” Then the total workout data of “Time, Distance and Calories” will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message “SAVE YOUR PROGRAM OR PRESS START TO RE-START” User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will scroll back to a message “PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:” This sequence will be repeated for 30 seconds, and the console will be reset.

### Stop this program

To stop this program, simply press “**STOP**” key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

### Re-start this program

To Re-start this program, press “**START**” key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

### Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display “PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:” until another key is pressed or 30 seconds is up.

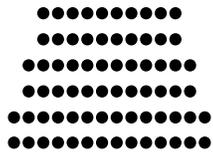
### Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

# Workout Programs

## FATBURNER PROGRAM

### Program Profile



*The Fatburner program provides a consistent level of work during your exercise session. Exercising at this consistent level is more effective in the fat burning process.*

### Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

### Beginning the Program

Continue to pedal. The message window will scroll a message “SELECT A PROGRAM”. Press Fatburner program key to enter this program.

#### Accepting Default values or Entering the program setting mode

When the **FATBURNER** key is pressed, the message window will scroll a message “PRESS ENTER TO ADJUST OR START TO BEGIN”.

- Press “**START/Resume**” key to accept current default values and begin Fatburner program workout.
- Or press “**ENTER**” key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

#### Entering Age

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST AGE AND ENTER TO ACCEPT”. Then the “AGE = XX” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the age.
3. After age adjustment, then press “**ENTER**” key to accept.

#### Entering Weight

1. If **ENTER** Key is pressed, the message window will scroll, “ADJUST WEIGHT AND ENTER TO ACCEPT.” Then the “WEIGHT = XXX LB” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the weight.
3. After the weight adjustment, then press “**ENTER**” key to accept.

#### Entering Program Time

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST TIME AND ENTER TO ACCEPT”. Then the “TIME = 30 MIN” will be blinking.
2. User may adjust the program time by pressing “**UP/DOWN**” key.
3. After the time adjustment, then press “**ENTER**” key to accept.

#### Entering Program Intensity Level

1. If **ENTER** key is pressed, the message window will scroll, “SELECT INTENSITY LEVEL AND START TO BEGIN”. Then the “INT LEVEL = 01” will be blinking.
2. User may adjust the program intensity level from L1 to L11 by pressing “**UP/DOWN**” key.
3. After intensity level adjustment, the program setting is now completed. Press “**START**” key to start Fatburner program.

*Note: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations and default intensity level for workout.*

### During the Program

#### Display

- Once the program is started, the message window will display the workout data of “Time, Intensity Level, Calories and RPM/SPM”. (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press “**SELECT**” key to switch the display to “Speed, Distance, Watt, Pulse and % Heart Rate”. (“Floor per minute, Floors, Watt, Pulse and % Heart Rate” for 1150St)
- If no pulse is detected, the Pulse display will show “**P**” until there is a pulse.

#### Adjusting Intensity Level

- User may press “**UP/DOWN**” key to adjust the intensity level during anytime of the program.
- Each time, the “**UP/DOWN**” key is pressed; it will adjust the intensity level of that individual stage.

#### Pause, Stop or Save

See Console operation tips section for details, page 15.

#### Enter another program during Fatburner program

- User may enter another program during **Fatburner** program by pressing another program key. If another program key is pressed during this time, the message display will scroll “PRESS ENTER TO ADJUST OR START TO BEGIN”. (Same as its program setting mode)
  - User could press “**ENTER**” to enter this program setting mode or Press **START** key to start this program right away.
  - If neither “**ENTER**” nor “**START**” key is pressed in 15 seconds, it will then resume back to Fatburner program and continue workout.
  - If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

### Ending the Program

#### Program end

- When the selected program time is up, there will be a beep to signify the end of this program.
- The message window will scroll a messages “PROGRAM ENDED.TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE:” Then the total workout data of “Time, Distance and Calories” will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message “SAVE YOUR PROGRAM OR PRESS START TO RE-START.” User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message “PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:” This sequence will be repeated for 30 seconds, and the console will be reset.

#### Stop this program

To stop this program, simply press “**STOP**” key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

# Workout Programs

## Re-start this program

To Re-start this program, press “START” key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

## Save this program

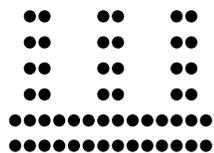
- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display “PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:” until another key is pressed or 30 seconds is up.

## Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

## INTERVAL PROGRAM

### Program Profile



*The Interval program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout.*

### Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

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### Beginning the Program

Continue to pedal. The message window will scroll a message “SELECT A PROGRAM”. Press Interval program key to enter this program.

### Accepting Default values or Entering the program setting mode

When the **INTERVAL** key is pressed, the message window will scroll a message “PRESS ENTER TO ADJUST OR START TO BEGIN”.

- Press “**START/Resume**” key to accept current default values and begin Interval program workout.
- Or press “**ENTER**” key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

#### Entering Age

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST AGE AND ENTER TO ACCEPT”. Then the “AGE = XX” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the age.
3. After age adjustment, then press “**ENTER**” key to accept.

#### Entering Weight

1. If **ENTER** Key is pressed, the message window will scroll, “ADJUST WEIGHT AND ENTER TO ACCEPT.” Then the “WEIGHT = XXX LB” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the weight.
3. After the weight adjustment, then press “**ENTER**” key to accept.

## Entering Program Time

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST TIME AND ENTER TO ACCEPT”. Then the “TIME = 30 MIN” will be blinking.
2. User may adjust the program time by pressing “**UP/DOWN**” key.
3. After the time adjustment, then press “**ENTER**” key to accept.

## Entering Program Intensity Level

1. If **ENTER** key is pressed, the message window will scroll, “SELECT INTENSITY LEVEL AND START TO BEGIN”. Then the “INT LEVEL = 01” will be blinking.
2. User may adjust the program intensity level from L1 to L11 by pressing “**UP/DOWN**” key.
3. After intensity level adjustment, the program setting is now completed. Press “**START**” key to start Interval program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations and default intensity level for workout.*

## During the Program

### Display

- Once the program is started, the message window will display the workout data of “Time, Intensity Level, Calories and RPM/SPM”. (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press “**SELECT**” key to switch the display to “Speed, Distance, Watt, Pulse and % Heart Rate”. (“Floor per minute, Floors, Watt, Pulse and % Heart Rate” for 1150St)
- If no pulse is detected, the Pulse display will show “**P**” until there is a pulse.

### Adjusting Intensity Level

- User may press “**UP/DOWN**” key to adjust the intensity level during anytime of the program.
- Each time, the “**UP/DOWN**” key is pressed; it will adjust the intensity level of that individual stage.

### Pause, Stop or Save

See Console operation tips section for details, page 15.

### Enter another program during Interval program

- User may enter another program during Interval program by pressing another program key. If another program key has been pressed during this time, the message display will scroll “PRESS ENTER TO ADJUST OR START TO BEGIN”. (Same as its program setting mode)
  - o User could press “**ENTER**” to enter this program setting mode or Press “**START**” key to start this program right away.
  - o If neither “**ENTER**” nor “**START**” key is pressed in 15 seconds, it will then resume back to Interval program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

# Workout Programs

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signifying the end of this program.
- The message window will scroll a messages "PROGRAM ENDED.TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE:" Then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START." User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message "PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds, and the console will be reset.

### Stop this program

To stop this program, simply press "**STOP**" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

### Re-start this program

To Re-start this program, press "**START**" key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

### Save this program

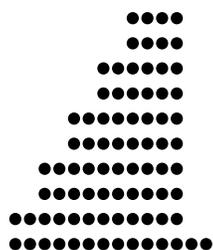
- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display "PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:" until another key has been pressed or 30 seconds is up.

### Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

## STRENGTH PROGRAM

### Program Profile



*The Strength program gradually increases the workload over time. This will strengthen not only your heart, but also the major muscle groups, which are doing the work.*

### Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

## Beginning the Program

Continue to pedal. The message window will scroll a message "SELECT A PROGRAM". Press Strength program key to enter this program.

### Accepting Default values or Entering the program setting mode

When the **STRENGTH** key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN".

- Press "**START/Resume**" key to accept current default values and begin Strength program workout.
- Or press "**ENTER**" key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

### Entering Age

1. If **ENTER** key is pressed, the message window will scroll, "ADJUST AGE AND ENTER TO ACCEPT". Then the "AGE = XX" will be blinking.
2. User may press "**UP/DOWN**" key to adjust the age.
3. After age adjustment, then press "**ENTER**" key to accept.

### Entering Weight

1. If **ENTER** Key is pressed, the message window will scroll, "ADJUST WEIGHT AND ENTER TO ACCEPT." Then the "WEIGHT = XXX LB" will be blinking.
2. User may press "**UP/DOWN**" key to adjust the weight.
3. After the weight adjustment, then press "**ENTER**" key to accept.

### Entering Program Time

1. If **ENTER** key is pressed, the message window will scroll, "ADJUST TIME AND ENTER TO ACCEPT". Then the "TIME = 30 MIN" will be blinking.
2. User may adjust the program time by pressing "**UP/DOWN**" key.
3. After the time adjustment, then press "**ENTER**" key to accept.

### Entering Program Intensity Level

1. If **ENTER** key is pressed, the message window will scroll, "SELECT INTENSITY LEVEL AND START TO BEGIN". Then the "INT LEVEL = 01" will be blinking.
2. User may adjust the program intensity level from L1 to L11 by pressing "**UP/DOWN**" key.
3. After intensity level adjustment, the program setting is now completed. Press "**START**" key to start Strength program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations and default intensity level for workout.*

## During the Program

### Display

- Once the program is started, the message window will display the workout data of "Time, Intensity Level, Calories and RPM/SPM". (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press "**SELECT**" key to switch to display "Speed, Distance, Watt, Pulse and % Heart Rate". ("Floor per minute, Floors, Watt, Pulse and % Heart Rate" for 1150St)
- If no pulse is detected, the Pulse display will show "**P**" until there is a pulse.

# Workout Programs

## Adjusting Intensity Level

- User may press “**UP/DOWN**” key to adjust the intensity level during anytime of the program.
- Each time, the “**UP/DOWN**” key is pressed; it will adjust the intensity level of that individual stage.

## Pause, Stop or Save

See Console operation tips section for details, page 15.

## Enter another program during Strength program

- User may enter another program during Strength program by pressing another program key. If another program key is pressed during this time, the message display will scroll “PRESS ENTER TO ADJUST OR START TO BEGIN”. (Same as its program setting mode)
  - o User could press “**ENTER**” to enter this program setting mode or Press “**START**” key to start this program right away.
  - o If neither “**ENTER**” nor “**START**” key is pressed in 15 seconds, it will then resume back to Strength program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signify the end of this program.
- The message window will scroll a messages “PROGRAM ENDED.TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE:” Then the total workout data of “Time, Distance and Calories” will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message “SAVE YOUR PROGRAM OR PRESS START TO RE-START.” User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message “PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:” This sequence will be repeated for 30 seconds, and the console will be reset.

### Stop this program

To stop this program, simply press “**STOP**” key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

### Re-start this program

To Re-start this program, press “**START**” key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

### Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display “PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:” until another key is pressed or 30 seconds is up.

### Enter another program

User may enter another program during program ending by pressing

another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

## TARGET HEART RATE PROGRAM

The custom target heart rate program is designed to keep the user training at their chosen heart rate level. Computer will adjust the intensity level automatically to ensure the target heart rate is achieved and maintained during the entire program.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR A BETTER RESULT, CHEST STRAP IS RECOMMENDED FOR THIS PROGRAM.

IMPORTANT: It is dangerous to exceed 95% of your maximum heart rate while you exercising. Please consult your physician before performing any Heart Rate based training program.

## Getting Started

Before you start this program, make sure there is a heart rate device been used. The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

## Beginning the Program

Continue to pedal. The message window will scroll a message “SELECT A PROGRAM”. Press Target HR program key to enter this program.

### Accepting Default values or Entering the program setting mode

When the **TARGET HR** key is pressed, the message window will scroll a message “PRESS ENTER TO ADJUST OR START TO BEGIN”.

- Press “**START/Resume**” key to accept current default values and begin Target HR program workout.
- Or press “**ENTER**” key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

### Entering Age

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST AGE AND ENTER TO ACCEPT”. Then the “AGE = XX” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the age.
3. After age adjustment, then press “**ENTER**” key to accept.

### Entering Weight

1. If **ENTER** Key is pressed, the message window will scroll, “ADJUST WEIGHT AND ENTER TO ACCEPT.” Then the “WEIGHT = XXX LB” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the weight.
3. After the weight adjustment, then press “**ENTER**” key to accept.

### Entering Program Time

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST TIME AND ENTER TO ACCEPT”. Then the “TIME = 30 MIN” will be blinking.

# Workout Programs

2. User may adjust the program time by pressing “UP/DOWN” key.
3. After the time adjustment, then press “ENTER” key to accept.

## Entering Target Heart Rate

1. If **ENTER** key is pressed, the message window will scroll, “SELECT TARGET HR AND START TO BEGIN”. Then the “TARGET HR = 120” will be blinking.
2. User may adjust the target HR from 90bpm to 185bpm by pressing “UP/DOWN” key.
3. After Target HR adjustment, the program setting is now completed. Press “START” key to start Target HR program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations and default target HR for workout.*

## During the Program

### Display

- This program could not be started until a valid pulse is detected for 4 seconds. If no pulse is detected, the message window will flash a message “CHECK YOUR PULSE”. Make sure your heart rate device is properly operated.
- Once the program is started, the message window will display the workout data of “Time, Intensity Level, Calories and RPM/SPM”. (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press “SELECT” key to switch the display to “Speed, Distance, Watt, Pulse”. (“Floor per minute, Floors, Watt, Pulse” for 1150St)

### Adjusting Target Heart Rate

- User may press “UP/DOWN” key to adjust the Target Heart Rate during anytime of the program.
- Each time, the “UP/DOWN” key is pressed, the message window will display “TARGET HR =XXX” and adjust it accordingly. When the adjustment is over it will resume to display the workout data.
- The target HR will be adjusted for the remaining program.

### Pause, Stop or Save

See Console operation tips section for details, page 15.

### Enter another program during Target Heart Rate program

- User may enter another program during **Target Heart Rate** program by pressing another program key. If another program key is pressed during this time, the message display will scroll “PRESS ENTER TO ADJUST OR START TO BEGIN”. (Same as its program setting mode)
  - o User could press “ENTER” to enter this program setting mode or Press “START” key to start this program right away.
  - o If neither “ENTER” nor “START” key is pressed in 15 seconds, it will then resume back to Target Heart Rate program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signify the end of this program.
- The message window will scroll a messages “PROGRAM ENDED.TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE:” Then the total workout data of “Time, Distance and Calories” will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message “SAVE YOUR PRGRAM OR PRESS START TO RE-START.” User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message “PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:” This sequence will be repeated for 30 seconds, and the console will be reset.

### Stop this program

To stop this program, simply press “STOP” key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

### Re-start this program

To Re-start this program, press “START” key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

### Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display “PROGRAM ENDED.TOTAL TIME, DISTANCE, CALORIES ARE:” until another key is pressed or 30 seconds is up.

### Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

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## HEART RATE INTERVAL PROGRAM

The Heart Rate Interval program is designed to alternate periods of hard work (the stress phase) with periods of easy work (the recovery phase). The console will adjust the resistance level up to meet your upper target heart rate goal and adjust it down to Level 2 for you to recover. Once your heart rate meets the lower heart rate goal or it exceeds 5 minutes and not yet meet your lower heart rate goal, the console will adjust the resistance up again. This procedure will repeat itself until the program time is up.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR A BETTER RESULT, CHEST STRAP IS RECOMMENDED FOR THIS PROGRAM.

**IMPORTANT:** It is dangerous to exceed 95% of your maximum heart rate while you exercising. Please consult your physician before performing any Heart Rate based training program.

# Workout Programs

## Getting Started

Before you start this program, make sure there is a heart rate device been used. The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

## Beginning the Program

Continue to pedal. The message window will scroll a message “SELECT A PROGRAM”. Press HR Interval program key to enter this program.

### Accepting Default values or Entering the program setting mode

When the HR Interval key is pressed, the message window will scroll a message “PRESS ENTER TO ADJUST OR START TO BEGON”.

- Press “**START/Resume**” key to accept current default values and begin HR Interval program workout.
- Or press “**ENTER**” key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

### Entering Age

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST AGE AND ENTER TO ACCEPT”. Then the “AGE = XX” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the age.
3. After age adjustment, then press “**ENTER**” key to accept.

### Entering Weight

1. If **ENTER** Key is pressed, the message window will scroll, “ADJUST WEIGHT AND ENTER TO ACCEPT.” Then the “WEIGHT = XXX LB” will be blinking.
2. User may press “**UP/DOWN**” key to adjust the weight.
3. After the weight adjustment, then press “**ENTER**” key to accept.

### Entering Program Time

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST TIME AND ENTER TO ACCEPT”. Then the “TIME = 30 MIN” will be blinking.
2. User may adjust the program time by pressing “**UP/DOWN**” key.
3. After the time adjustment, then press “**ENTER**” key to accept.

### Entering Lower HR Goal

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST LOWER HR GOAL AND ENTER TO ACCEPT”. Then the “LOWER HR = 120BPM” will be blinking.
2. User may adjust the HR from 90bpm to 175bpm by pressing “**UP/DOWN**” key.
3. After the lower HR adjustment, then press “**ENTER**” key to accept.

### Entering Upper HR Goal

1. If **ENTER** key is pressed, the message window will scroll, “ADJUST UPPER HR GOAL AND START TO BEGIN”. Then the “UPPER HR = 150BPM” will be blinking.
2. User may adjust the HR from 100bpm to 185bpm by pressing “**UP/DOWN**” key.
3. After upper HR adjustment, the program setting is now completed. Press “**START**” key to start HR Interval program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations and default target HR for workout.*

## During the Program

### Display

- This program could not be started until a valid pulse is detected for 4 seconds. If no pulse is detected, the message window will flash a message “CHECK YOUR PULSE”. Make sure your heart rate device is properly operated.
- Once the program is started, the message window will display the workout data of “Time, Intensity Level, Calories and RPM/SPM”. (RPM for 1150Ub & 1150Rb; SPM for 1150St & 1150Er)
- Press “**SELECT**” key to switch the display to “Speed, Distance, Watt, Pulse”. (“Floor per minute, Floors, Watt, Pulse” for 1150St)

### Pause, Stop or Save

See Console operation tips section for details, page 15.

### Enter another program during HR Interval program

- User may enter another program during HR Interval program by pressing another program key. If another program key has been pressed during this time, the message display will scroll “PRESS ENTER TO ADJUST OR START TO BEGIN”. (Same as its program setting mode)
  - o User could press “**ENTER**” to enter this program setting mode or Press “**START**” key to start this program right away.
  - o If neither “**ENTER**” nor “**START**” key is pressed in 15 seconds, it will then resume back to HR Interval program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signifying the end of this program.
- The message window will scroll a messages ”PROGRAM ENDED. TOTAL TIME, DISTANCE (FLOORS for Stepper), CALORIES ARE:” Then the total workout data of “Time, Distance and Calories” will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message “SAVE YOUR PROGRAM OR PRESS START TO RE-START.” User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message “PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:” This sequence will be repeated for 30 seconds, and the console will be reset.

### Stop this program

To stop this program, simply press “**STOP**” key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

# Workout Programs

## Re-start this program

To Re-start this program, press “**START**” key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

## Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display “PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:” until another key is pressed or 30 seconds is up.

## Enter another program

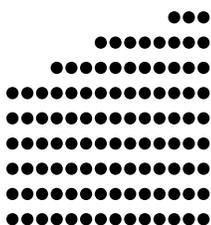
User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

# HEART RATE TRAINING PROGRAM

*This program is for 1150St only*

The Heart Rate Training program is based on a percentage (%) of your maximum heart rate (220 minus your age). Within each training zone subtle physiological effects take place to enhance your fitness.

- \* The energy efficient or Recovery zone – 60% to 70%  
Training within this zone develops basic endurance and aerobic capacity.
- \* The Aerobic zone – 70% to 80%  
Training within this zone to develop your cardiovascular system.
- \* The Anaerobic zone – 80% to 90%  
Training within this zone will develop your lactic acid system.



*This program is designed to train your heart in these 3 different heart rate zones. The program profile and percentages areas below:*

	S1				S14			
Stage	S1	S2	S3	S4	S5	S6	S7	
%HR	60%	60%	60%	70%	70%	70%	75%	
Stage	S8	S9	S10	S11	S12	S13	S14	
%HR	75%	80%	80%	80%	85%	85%	85%	

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR A BETTER RESULT, CHEST STRAP IS RECOMMENDED FOR THIS PROGRAM.

IMPORTANT: It is dangerous to exceed 95% of your maximum heart rate while you exercising. Please consult your physician before performing any Heart Rate based training program.

## Getting Started

Before you start this program, make sure there is a heart rate device been used. The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

## Beginning the Program

Continue to pedal. The message window will scroll a message “SELECT A PROGRAM”. Press HR Training program key to enter this program.

## Accepting Default values or Entering the program setting mode

When the **HR Training** key is pressed, the message window will scroll a message “PRESS ENRTER TO ADJUST OR START TO BEGIN”.

- Press “**START/Resume**” key to accept current default values and begin HR Training program workout.
- Or press “**ENTER**” key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

### Entering Age

- If **ENTER** key is pressed, the message window will scroll, “ADJUST AGE AND ENTER TO ACCEPT”. Then the “AGE = XX” will be blinking.
- User may press “**UP/DOWN**” key to adjust the age.
- After age adjustment, then press “**ENTER**” key to accept.

### Entering Weight

- If **ENTER** Key is pressed, the message window will scroll, “ADJUST WEIGHT AND ENTER TO ACCEPT.” Then the “WEIGHT = XXX LB” will be blinking.
- User may press “**UP/DOWN**” key to adjust the weight.
- After the weight adjustment, then press “**ENTER**” key to accept.

### Entering Program Time

- If **ENTER** key is pressed, the message window will scroll, “ADJUST TIME AND START TO BEGIN”. Then the “TIME = 30 MIN” will be blinking.
- User may adjust the program time by pressing “**UP/DOWN**” key.
- After the time adjustment, the program setting is now completed. Press “**START**” key to start HR Training program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations.*

## During the Program

### Display

- This program could not be started until a valid pulse is detected

# Workout Programs

for 4 seconds. If no pulse is detected, the message window will flash a message "CHECK YOUR PULSE". Make sure your heart rate device is properly operated.

- Once the program is started, the message window will display the workout data of "Time, Intensity Level, Calories and SPM".
- Press "**SELECT**" key to switch the display to "Floor per minute, Floors, Watt & % Heart Rate".

## Adjusting Heart Rate Percentage

- User may press "**UP/DOWN**" key to adjust the Heart Rate Percentage from 55% to 90% during anytime of the program.
- Each time the "**UP/DOWN**" key is pressed, the message window will display "PERCENT HR = XX" and adjust it accordingly. When the adjustment is over it will resume to display the workout data.
- Fewer adjustments are recommended for a better result.

## Pause, Stop or Save

See Console operation tips section for details, page 15.

## Enter another program during HR Interval program

- User may enter another program during HR Training program by pressing another program key. If another program key is pressed during this time, the message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN". (Same as its program setting mode)
  - o User could press "**ENTER**" to enter this program setting mode or Press **START** key to start this program right away.
  - o If neither "**ENTER**" nor "**START**" key is pressed in 15 seconds, it will then resume back to HR Training program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signify the end of this program.
- The message window will scroll a messages "PROGRAM ENDED. TOTAL TIME, FLOORS, CALORIES ARE:" Then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START." User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message "PROGRAM ENDED. TOTAL TIME, FLOORS, CALORIES ARE:" This sequence will be repeated for 30 seconds, and the console will be reset.

## Stop this program

To stop this program, simply press "**STOP**" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

## Re-start this program

To Re-start this program, press "**START**" key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

## Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display "PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

## Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

## CONSTANT POWER (MET) PROGRAM

*This program is for 1150Ub, 1150Rb and 1150Er only*

The Constant power program allows your equipment to be electronically controlled to deliver a specific work rate. As the pedal rate falls, the brake is increasing resistance proportionally. There are 20 levels of MET level adjustments.

## Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

## Beginning the Program

Continue to pedal. The message window will scroll a message "SELECT A PROGRAM". Press MET program key to enter this program.

## Accepting Default values or Entering the program setting mode

When the **MET** key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN".

- Press "**START/Resume**" key to accept current default values and begin MET program workout.
- Or press "**ENTER**" key to enter program-setting mode. The message display will bring you through the program setting step by step as below:

### Entering Age

4. If **ENTER** key is pressed, the message window will scroll, "ADJUST AGE AND ENTER TO ACCEPT". Then the "AGE = XX" will be blinking.
5. User may press "**UP/DOWN**" key to adjust the age.
6. After age adjustment, then press "**ENTER**" key to accept.

### Entering Weight

4. If **ENTER** Key is pressed, the message window will scroll, "ADJUST WEIGHT AND ENTER TO ACCEPT". Then the "WEIGHT = XXX LB" will be blinking.
5. User may press "**UP/DOWN**" key to adjust the weight.
6. After the weight adjustment, then press "**ENTER**" key to accept.

# Workout Programs

## Entering Program Time

4. If **ENTER** key is pressed, the message window will scroll, "ADJUST TIME AND ENTER TO ACCEPT". Then the "TIME = 30 MIN" will be blinking.
5. User may adjust the program time by pressing "**UP/DOWN**" key.
6. After the time adjustment, then press "**ENTER**" key to accept.

## Entering MET Level

4. If **ENTER** key is pressed, the message window will scroll, "SELECT MET LEVEL AND START TO BEGIN". Then the "MET LEVEL = 1" will be blinking.
5. User may adjust the MET level from 1 to 20 by pressing "**UP/DOWN**" key.
6. After MET level adjustment, the program setting is now completed. Press "**START**" key to start MET program.

*NOTE: User may press **START** key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations and default MET level for workout.*

## During the Program

### Display

- Once the program is started, the message window will display the workout data of "Time, MET Level, Calories and RPM/SPM". (RPM for 1150Ub & 1150Rb; SPM for 1150Er)
- Press "**SELECT**" key to switch the display to "Speed, Distance, Watt, Pulse and % Heart Rate".

### Adjusting MET Level

- User may press "**UP/DOWN**" key to adjust the MET level during anytime of the program.
- Each time the "**UP/DOWN**" key is pressed; the message window will display "MET LEVEL = XX" and adjust accordingly. Every adjustment is for the remaining of the program.

### Pause, Stop or Save

See Console operation tips section for details, page 15.

### Enter another program during MET program

- User may enter another program during MET program by pressing another program key. If another program key is pressed during this time, the message display will scroll "PRESS ENTER ADJUST OR START TO BEGIN". (Same as its program setting mode)
  - o User could press "**ENTER**" to enter this program setting mode or Press "**START**" key to start this program right away.
  - o If neither "**ENTER**" nor "**START**" key has been pressed in 15 seconds, it will then resume back to MET program and continue workout.
  - o If another program is entered and started, the program time will continue to count down from previous program time and the workout data will be carried over to the next program.

## Ending the Program

### Program end

- When the selected program time is up, there will be a beep to signifying the end of this program.
- The message window will scroll a messages "PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:" Then the total workout data of "Time, Distance and Calories" will be displayed for 5

seconds.

- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User could stop, re-start or save this program during this period of time, see below for details.
- If no key is pressed, it will back to scroll a message "PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds, and the console will be reset.

### Stop this program

To stop this program, simply press "**STOP**" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

### Re-start this program

To Re-start this program, press "**START**" key once during this 30 seconds period. This program will be re-started. Time, Distance and Calories will be continued accumulating.

### Save this program

- To save this program, see USER 1 & USER 2 program page for details.
- After the program is saved, the message window will resume to display "PROGRAM ENDED. TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

### Enter another program

User may enter another program during program ending by pressing another program key, same as entering another program during the program-executing mode, except the time adjustment. User may adjust the program time or accept the default value 30 minutes as new program time.

## USER 1 & USER 2 PROGRAM

These two programs are designed to be user friendly. Build up your favorite program and save it into User 1 or User 2 program. When you save a program, your "age, weight, program time, intensity level for hill program, MET level for MET program, HR setting for HR program", will be memorized. You can just call up your user program and begin your workout with no time.

## To Save A program into User 1 or User 2

- To save a program into User 1, press and hold "**USER1**" key until a beeping sound confirming this program has been saved. Press and hold "**USER 2**" key to save a program into User 2.
- The message window will then display a message "YOUR PROGRAM HAS BEEN SAVED". The program will be saved.
- If a program is saved into user program, the following data will be saved:
  - o Age
  - o Weight
  - o Program time
  - o Intensity level for hill programs
  - o Program profile
  - o HR setting for HR program
  - o MET level for MET program

# Workout Programs

## Getting Started

The 1150 Series units are self-generating. Begin pedaling to initialize the unit and enter the programming cycle. Be sure to include a warm-up and cool-down period as part of your workout.

## Beginning the Program

Continue to pedal. The message window will scroll a message "SELECT A PROGRAM". Press User 1 or User 2 program key and release quickly to enter this program.

### Accepting Default values or Entering the program setting mode

When the USER 1 or USER 2 key is pressed:

1. If no program has been saved into user program before, the message window will scroll a message "NO SAVED PROGRAM, SELECT ANOTHER PROGRAM". User may select another program at this time.
  2. If a program has been saved into user program before, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "**START/Resume**" key to accept the saved setting and begin workout.
  - Or press "**ENTER**" key to enter program-setting mode.
  - It will skip Age and Weight entry and take you through each program setting step by step. For each program setting details, please see its program pages.

## During the Program

See each program page for details.

## Ending the Program

See each program page for details.

# Maintenance

### CAUTION – FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

As part of Diamondback's normal installation and set-up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle. This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use. Untightened pedal cranks may become loose, causing damage, which may void the warranty.

After training, always wipe down your 1150 series unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with a clean towel.

If noises develop or malfunctions occur, contact your authorized Diamondback fitness dealer.

# Domestic Warranty Information

(Applies to all product sold and placed within the continental US, Alaska, Hawaii, and Puerto Rico only)

## Effective: August 2003

Diamondback warrants its 1150 series (1150 Upright, Recumbent, Stepper, Elliptical) to be free from defects in material and workmanship under normal use in the home and light instructional environments. Diamondback's obligation under this Warranty is limited to repair or replacement of any defective part without charge through an authorized service agent to the original purchaser with the following parameters:

## Who is covered:

The Warranty is extended to the individual or legal entity whose name appears on the Warranty registration card filed with Diamondback and may not be transferred to any other individual or legal entity.

## What is covered:

### HOME:

**Maximum usage: 14 hours per week.**

Frame: Lifetime limited Warranty, covers defects in welds, materials, and workmanship.

Parts & Electronics: 3 Years

Normal Wear Items: 90-day limited on foam grips, pedals, pedal straps, seats, seat backs, etc.

Labor: 1 Year

### LIGHT INSTITUTIONAL:

**Maximum Usage: 21 hours per week**

Frame: Lifetime limited Warranty, covers defects in welds, materials, and workmanship.

Parts & Electronics: 2 Years

Normal Wear Items: 90-day limited on foam grips, pedals, pedal straps, seats, seat backs, etc.

Labor: 1 Year

## To obtain service:

To obtain service you must contact your authorized Diamondback Fitness dealer. Your dealer is also your authorized service agent. An authorized service agent must diagnose your unit in order to determine Warranty claims/issues.

Sales where the unit is delivered unassembled (in a carton) to the end user (e.g. mail order or Internet sales) without a service contract purchased through the dealer voids the Warranty.

## Warranty Registration:

Warranty commitments are valid only with a completed Warranty card that is returned within 15 days from the date of purchase and includes the product serial number. Registration is available at [www.diamondbackfitness.com](http://www.diamondbackfitness.com).

Proof of purchase from Diamondback's authorized dealer will be required if the Warranty card is not registered prior to any consideration of Warranty claim.

## Warranty voided if:

The Warranty does not apply to any failure of the product, or any parts of the product, due to: assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Assembly errors include but are not limited to:

- Severed wire harness.
- Stripped crank arms and/or pedals.
- Bolts used in the wrong location.

## Parts & Service:

Contact the authorized Diamondback dealer where unit as originally purchased. If you have moved, or that retailer is unavailable, use our dealer locator at [www.diamondbackfitness.com](http://www.diamondbackfitness.com) to help find another authorized dealer.

Diamondback is not responsible for arranging Warranty service and/or honoring extended warranties provided by dealers.

## Exclusions:

Warranty is void if the 1150 series unit is placed in a commercial or light commercial environment, such as health club, school, or correctional facility.

## Additional Rights:

This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, are limited to the same duration as the express Warranty herein. Diamondback Fitness, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you. Retailers and wholesale outlets for Diamondback Fitness, Inc. products are not authorized to modify this Warranty in any way. This Warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

Diamondback Fitness, Inc.  
300 Camarillo Ranch Road  
Camarillo, CA 93012  
Phone Number: 1800-776-7642

**IMPORTANT!**

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**IMPORTANT!**

**Warranty Card must be completed and returned to Diamondback within 15 days of purchase. Failure to comply may void manufacturer's warranty. Or, you may register your product at [www.diamondbackfitness.com](http://www.diamondbackfitness.com).**



Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone No.: \_\_\_\_\_ Evening Phone No.: \_\_\_\_\_

Dealer Store Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Model: \_\_\_\_\_ Serial No.: \_\_\_\_\_

**Environment Unit Placed:**

- Home     Light Institutional, i.e. Hotel, Business

Purchase Date: \_\_\_\_\_

*Mail Completed form to:*

**Diamondback Fitness - Warranty Card**  
300 Camarillo Ranch Road  
Camarillo, California 93012





well equipped for success

*Diamondback Fitness, Inc.*  
300 Camarillo Ranch Road  
Camarillo, CA 93012  
T 800-776-7642  
F 805-388-5890

Part Number:  
**22-11-150**